

ANAL DILATOR INSTRUCTIONS

Please follow these instructions carefully to prevent the canal from narrowing after surgery.

POSITION

Most patients prefer lying on their left side, but any position is fine.

PROCEDURE

Lubricate the anal canal well with a water-soluble lubricant. Then lubricate the tip of the dilator. Place the dilator tip lightly against the anal opening and at a right angle to the skin. Gently and slowly push the dilator into the canal a little each time you breath out. Exhaling with each little push helps relax the anal muscles and makes it easier for you. If your muscles tighten up, stop until you relax them. The dilator must go all the way in until the cuff or flat end is flush with the skin. Once the dilator is fully inserted, it can be removed immediately. Wash and dry dilator for the next insertion.

DILATOR INSERTION ROUTINE

First month once a day

Second month every second day

Third month twice a week

Fourth month every fourth day

Thereafter, twice a month if insertion is at all painful. and once a month if it goes in easily.

Do not stop using the dilator without contacting our office. If you have trouble using the dilator, please make an appointment to see us in the office.

(Product: Graham Field Rectal Dilators: 1-800-645-8176)